

Peer Assessment

Basic Massage

Preparation for Practical Block 4

Assessment of: _____

Date: / /

Assessment by: _____

JUDGEMENT LIST 1	<input checked="" type="checkbox"/> <input type="checkbox"/>
To be completed before the beginning of the massage	<input checked="" type="checkbox"/> <input type="checkbox"/>
<u>Environmental & Personal Preparation</u>	
Practitioner arrives at least 10 minutes before the scheduled appointment	
Practitioner is appropriately dressed	
<ul style="list-style-type: none"> • Wears long dress shorts or trousers • Shirt/top covers armpits • Shirt/top covers cleavage • All hand & wrist jewellery removed • Footwear does not impede body mechanics • Footwear clean & odorless • Wears footwear (to greet client) • Fingernails clean & short • Body odour & breath are not apparent 	
Temperature is checked & is adjusted if it is too hot or too cold	
If temperature is adequate, practitioner mentions this to the supervisor	
<u>Massage Table/Chair</u>	
Massage table should be cleaned before use	
Massage table should be cleaned & draped before the massage appointment time.	
Practitioner adjusts the table height and/or positioning to ensure the	
<ul style="list-style-type: none"> • Comfort and safety of the practitioner • Practitioner is able to apply massage techniques effectively 	
Massage table/chair is properly set up for use with clients in an area that is free of obstructions and hazards.	
<u>Pillows/Bolsters</u>	
In the first 5 minutes of the treatment, bolsters are arranged in a best practice manner, unless the client has decided that they would like to be bolstered in another manner.	
<ul style="list-style-type: none"> • <i>Supine – support under knees & head</i> • <i>Prone – support under ankles</i> • <i>Sidelying – support under head, and bolsters provided to stabilize the client adequately</i> 	

JUDGEMENT LIST 1 To be completed before the beginning of the massage	<input checked="" type="checkbox"/> <input type="checkbox"/>
<u>Draping</u>	
Drapes are clean in appearance, smell and to the touch.	
The table/chair is adequately covered	
<u>Lubricants</u>	
Lubricants are selected according to the client's preferences	
Lubricant container is cleaned before the treatment begins	
Lubricants are dispensed from appropriately hygienic dispensers	
<ul style="list-style-type: none">• <i>Oils - plastic squeeze or pump bottles</i>• <i>Waxes- pottle using plastic or wooden scooper</i>• <i>Creams and Gels - tube or pottle using plastic or wooden scooper</i>• <i>Lotions- plastic squeeze or pump bottles.</i>	
Client is screened for allergies, and lubricants are used are in accordance with their allergy profile.	
<u>Environmental & Personal Preparation</u>	
Client forms are prepared before the client arrives	
Client is welcomed & greeted by name	
Client is asked if they would like music, and music is played if they indicate they would like it	
Practitioner's cell phone is turned off	
Practitioner prepares themselves before the treatment begins by washing their hands to the elbows	
Practitioner prepares themselves before the treatment by either grounding, centering, or relaxing	
<u>Feedback</u>	
Providing accurate feedback to your classmates is the best way to help them achieve success in their final exams.	
Peer Assessor (sign here):_____	

JUDGEMENT LIST 2 To be completed after the massage		<input checked="" type="checkbox"/> <input type="checkbox"/>
<u>Initial contact</u>		
Contact is established within safe boundaries of body contact		
Hands are warmed before the establishment of contact		
Therapist is relaxed when establishing contact		
Body contact is established using full palmar surface		
Initial contact is firm		
<u>Application of massage techniques</u>		
The selection and application of massage techniques is in accordance with the treatment plan		
The use of an appropriate lubricant in an appropriate amount (not to much – not too little) allows the therapist to apply massage techniques effectively.		
Massage relaxation techniques are applied in a whole body sequence		
Movement from one massage stroke to another and from one area of the body to another is linked by continuous flowing strokes		
During the treatment the therapist works more deeply into at least one area of tension		
At this time touch moves from superficial & general to specific & deep		
Reassuring, flushing strokes are applied to sooth the local area after the deeper work.		
Client is monitored throughout the treatment to detect any discomfort. Monitoring may include		
<ul style="list-style-type: none"> • Assessment of verbal and non-verbal response • Breathing pattern • Skin temperature and colour • Muscle tension 		
Responses to client feedback are appropriate		
Client conditions or contraindications are taken into account during treatment		
All body regions of the client that are not being worked are covered throughout the treatment		
Bolsters are adjusted throughout the treatment to ensure maximum client support and comfort		
Placement of bolsters/pillows allows the candidate to apply massage techniques effectively.		
Contact is maintained within safe boundaries of body contact		
Client warmth is assessed at least twice during the treatment		

Finishing massage

Touch is ceased by moving from specific to general and deep to superficial area

The gradual ceasing of physical body contact ensures the therapeutic quality of touch is not lost, and the client is prepared for cessation of body contact.

Client instructed how to get off the table safely including sitting on side of the table for a period after the massage to compensate for light-headedness

Massage table should be cleaned after use using an appropriate vinyl cleaner.

Used drapes are placed in an area separate from the clean drapes storage area

The student must wash their hands to the elbows after the treatment

Self Assessment

While performing massage at this stage of the course pay attention to

- Preparation for massage practice
- Massage technique & principles
- Your body mechanics

Feedback

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Peer Assessor (sign here):_____